

## WHAT IS CLAIMED IS:

1. Method of treatment comprising the step of introducing into a person experiencing physical and / or mental stressing a quantity of at least 50 mg of L-theanine for accelerating the person's regeneration from the stressing.
2. Method of claim 1 wherein the L-theanine is administered to the person.
3. Method of claim 2, wherein the quantity of L-theanine is not greater than 200 mg.
4. Method of claim 2, wherein L-theanine is administered in the form of a foodstuff with L-theanine as an additive.
5. Method of claim 4, wherein the foodstuff is a functional food notionally divisible into a plurality of preselected portion, with each said preselected portion having an L-theanine content of from about 50 mg to about 200 mg.
6. Method of claim 2, wherein L-theanine is administered in the form of a complete drink having an L-theanine content of about 100 mg or of about 600 mg per liter.
7. Method of claim 1, wherein the L-theanine is selected from the group consisting of an enzymatically recovered  $\gamma$ -ethylamino-L-glutamine, natural L-theanine and mixtures thereof.